

# What can you do to take care of your breasts?

Taking care of your breast health should begin at age 20 with self-breast examination.

If you are age 40 or older you need to have a complete breast health screening every year.

Screenings to detect breast cancer and other breast problems is suggested by the American Cancer Society and others. A complete screening includes all of the following:

## 1 A Clinical Breast Exam (CBE) by a doctor or nurse.

Age 20 to 40 — Every 3 years  
Age 40 and older — Every year

1 Clinical Breast Exam (CBE)



## 2 Mammogram (a x-ray of the breast).

Age 40 and older — Every year

2 Mammogram



## 3 Breast Self-Exam (an exam that you complete yourself at the same time each month)

Age 20 and older — Every month.



3 Breast Self-Exam (BSE)

**Call today to schedule your Clinical Breast Exam**

**Talking with your doctor or nurse about your breast health is an important part of your exam.**

**Your doctor or nurse will talk with you about the following:**

- Your health history and risk for breast cancer.
- Questions or concerns about your breasts.
- Each step of the exam.
- Your comfort during the exam.

**Talk with your doctor or nurse about:**

- The areas of your breast that don't look or feel right to you.
- Information or words that you do not understand.
- Screenings or tests that you may need.
- Written materials about breast health, breast self-exam (BSE) and mammograms.

**If you are a woman age 40 or older,  
call 1 (800) 511-2300,  
Monday - Friday, 9am to 7pm,  
to find out if you qualify for a free  
Clinical Breast Exam or Mammogram.**

We speak English, Spanish, Cantonese, Mandarin, Korean, and Vietnamese.  
**[www.dhs.ca.gov/cancerdetection](http://www.dhs.ca.gov/cancerdetection)**

For individuals with disabilities, the Department will provide assistive services such as reading or writing assistance, and conversion of materials into Braille, large print, audiocassette, or computer disk. To request such services or copies in an alternate format, please call or write:

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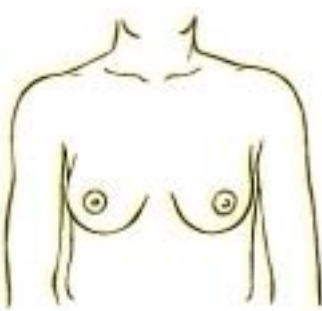
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# What to expect during a Clinical Breast Exam

Women should receive a Clinical Breast Exam by a doctor or nurse every year. This brochure can help you to understand how the exam is done.

# What can you expect during a clinical breast exam?

- The exam is done in a private room.
- You will need to remove all clothing above your waist.
- You may want someone else to be in the room with you for the exam. Ask one of the female staff, a friend or family member to be present.



A) arms relaxed at side

## DURING THE EXAM

### While sitting:

- The doctor or nurse looks at your breasts to see if there are any changes in the shape, skin or the nipple. You may be asked to put your arms in any of the following positions:



B) arms above head



C) hands on hips

- A) arms relaxed at side
- B) arms above head
- C) hands on hips

- The doctor or nurse checks the lymph nodes above and below your collarbone and under your arm area for any swelling.

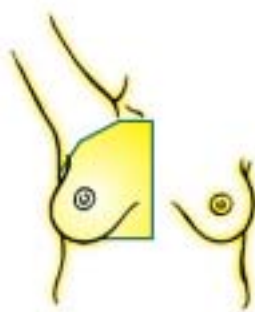
### While lying down:

- The doctor or nurse feels your breast tissue by using the pads of the 3 middle fingers. This will help the doctor to feel all of your breast tissue.

- The breast tissue covers a large area — from your collarbone to the bra line and from the breastbone to the middle of your underarm.



Pads of fingers



Area of breast tissue

- The doctor or nurse performs a clinical breast exam (CBE) using a pattern of search. A good pattern is the vertical strip. This pattern moves up and down the breast in even rows. It will cover every part of the breast, including the nipple.

- The doctor or nurse feels your breast tissue using 3 levels of pressure - light, medium and deep. These 3 pressures help to feel all the layers of breast tissue where lumps may be found. Sometimes feeling the deep tissue may cause some discomfort. But feeling this deep tissue is very important.

## END OF THE EXAM

- Your doctor or nurse may show you how to feel your own breast so that you can learn what is normal breast tissue for you.
- You and your doctor or nurse will talk about a plan of regular screening and follow-up that is best for you.



Vertical Strip Pattern

### Pressures



Light



Medium



Deep